



The Tiverton Senior Center

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The CENTER WILL be CLOSED on MONDAY, October 11th in celebration of Columbus Day

October filled with activities, especially ***CREEP WEEK***...

MONDAY: Come enjoy some apple cider and Paint your own masterpiece with Kristen Vincelette October 25th from 1–3 p.m.; \$15 each person;
WEDNESDAY: Story Teller, Dave Mello October 27th at 2 pm -**Special FREE Event and FRIDAY:** October 29th 12:30-3:30 p.m.

Welcome
Back
TOPS!!
Now on
MONDAY
Mornings at
9:00 a.m.

Come to our **Halloween Party!!!!** Asking \$3 donation and/or bring a treat to share!!!
And, yes, there will be the music from DJ Michael Corrente, lots of dancing and prizes for BEST costumes!!!



FLU CLINIC
Thursday
October 14th
9:30-11:30
Sponsored by
Visiting Nurse
Home & Hospice

Jill Sanford & Art For Your Mind Join Our Monthly Schedule

Join Jill on the First Thursday (Oct 7th) of the month at 10:15-11:15 for stimulating & entertaining presentations. This month presentation:

American Art Explored, offers a way to experience American paintings from colonial times to today. From early folk art paintings to surprising realism, then on to modern abstract images—visualize not only America's growth and change, but also America's developing artistic styles through time. Join local art historian **Jill Sanford** for an enjoyable hour of challenging yourself to see in new ways!



Janet Holmes
Director

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Assistant Director

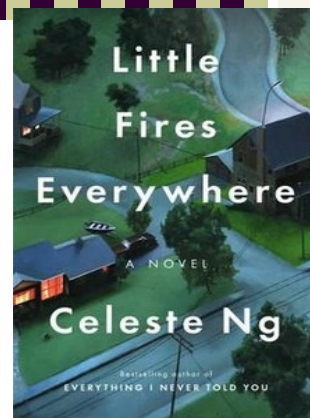
Patty Lavoie
Office Assistant

Ray Benoit
Bus Driver

Phil Ferreira
Manny Fontes
Maintenance

Michele Blanchette
Nancy Lambert
Dining Assistants

TIVERTON LIBRARY SERVICES presents "Words for Wisdom" a Book Club hosted by Tiverton Library's Maureen Iwanski. This month's book is **"Little Fires Everywhere"**, a novel by Celeste Ng. We will meet on Tuesday, October **26th at 10:15 a.m.** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted.
Large Print Books are available in office. All are Welcome!



ACTIVITIES AT A GLANCE

TOPS – NOW ON Mondays!! at 9:00 a.m. in Game Room. Welcome Back!!

Exercise with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:15 a.m. \$3

Quilting for Charity meets every **Monday at 10:15 a.m.**

Pitch League- Hi, Lo, Jack meets **Mondays at 12:30 p.m.**

Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.

Drums with Jessica-Tuesdays & Fridays at 1:30 p.m. Class fee is \$3 per class.

Tiverton Library Services sponsored Book Club Tuesday, Oct 26th at 10:15 a.m.

Mahjongg– Tuesdays and Fridays, beginning 11:30 a.m.

Cribbage and CHORUS– 12:30 on Wednesday

Balance Class with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members

Center Meetings will be held on **Thursday October 28th at 10 a.m.**

FLU CLINIC-Thursday, October 14th from 9:30-11:30 a.m.

BINGO-Thursdays!!! Starts at 1:00 PM Sharp!

URI Presentations Thursday, October 14th at 10 a.m.

Knitters for Charity-Thursdays at 1:00 p.m.

Zumba with Jessica—Fridays at 9 a.m. Fee is \$3.00 per class



Members pay \$3 for classes. Non-members pay \$6 for classes.
Become a member for \$5 a year and save money!!



**Drums Alive! now on
Tuesdays & Fridays at
1:30 p.m.**

SHIP~ SENIOR HEALTH INSURANCE PROGRAM

SHIP counselor will meet with folks weekly **by appointment** to assist with health insurance/Medicare needs. Call **Donna Macomber** at 401-644-3317 or e-mail: pmpsc@outlook.com to schedule your appointment.

Open Enrollment begins October 15th

CARE GIVER SUPPORT GROUP

Alzheimer's and Care Giver Support Group will meet on **Monday October 18th** from 2:30 to 3:45p.m.; Nurse Care Manager: Janet Grapentine from Child & Family Services facilitates this group. For further details, Janet can be reached at 401-848-4119 x 4009 or via e-mail at: jgrapentine@childandfamilyri.org

BINGO 1:00 P.M.

Thursdays!

October 7th

October 14th

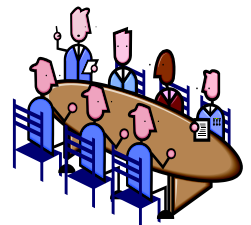
October 21st

October 28th

CENTER MEETING for the month of OCTOBER will be on Thursday, October 28th at 10:00 a.m.

The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing. we meet on the 4th Thursday. The success of our Senior Center depends upon everyone's involvement. Please join us at our monthly meeting .and lend your support and ideas.



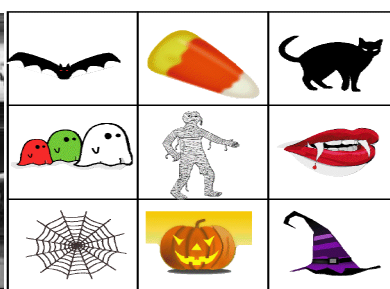
Ray continues to bring Tiverton seniors and folks with disability to either the Center or shopping on Tuesdays & Wednesdays. Please call 401-625-6790 to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person.

URI Pharmacy Outreach Program presents on Thursday, October 14th at 10:00 a.m. with this interesting topic: “Compounding”. Learn about why certain medications are compounded to improve intake, efficacy and therapy management. Discussed will be how these products can benefit certain individuals, where to find a compounding pharmacy and cost coverage under Medicare.



CREEP WEEK Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29
Paint Class	Book Club	Story Teller	Spooky BINGO!	Halloween Party!



OCTOBER Birthdays

Rita Bloom	01	Emeline Gay	16
Debbie Lavoie	02	Lucille Murphy	18
Bernadette Adam-Rogers	03	Rosemary Bowers	19
Delores Ponte	03	Richard Cabral	20
Peggy Bryan	04	Mary Potter	21
Joan Jackson	04	Paulette Sweeney	22
Mary Waddell	06	Eleanor Reismann	25
Kathy Brodeur	07	Linda Michel	25
Delores Gaudreau	09	Arlene Edelstein	27
Stanley Puchalski	09	Bunny Carroll	27
Mariette Bourdon	10	Rui Frias	27
Gregory Belisle	10	Janice Velozo	28
Lorry Loughman	10	Mary Ann Moquin	29
Carol Figerie	12	Eleanor Byrne	29
Joyce Figerie	12	Stanley Baranosky	30
Rachel Elder	12	Richard Lavoie	30
Elaine Velozo	13		
Evelyn Frederick	15		
Janet Gagnon	15		

★ **HAPPY** ★
BIRTHDAY!



And the winning name is.....

The “Welcome Tree”

Thank You Gerrie Freitas

Come claim your prize!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2021 MENU	\$3 donation 	Please call us at: 401-625-6790 to place your order (at least 24 hours in advance)		1. Vegetable Chowder Crab Cake w/ Tartar Sauce Rice Pilaf Carrot Slaw Fruit Cup Pumpernickle Bread Crab Cake w/Tartar
4 Onion Soup Beef Fried Steak w/ Gravy Mashed Potato Green Beans Lorna Doones Dinner Roll Beef Fried Steak on Roll	5 Beef Noodle Soup Veggie Burger Corn 3-Bean Salad Fresh Fruit Wheat Bread Veggie Burger on Wheat	6 Pasta and Bean Soup Italian Style Chicken Cutlet Seasoned Pasta Capri Blend Vegetables Pudding Italian Bread Italian Style Chicken Cullet on Italian	-7 Italian Wedding Soup Meatballs w/Marinara Sauce Roasted Peppers and Onions Oven Roasted Potato Sliced Peaches Dinner Roll Meatball Grinder on Roll	8 Split Pea Soup Baked Ham w/ Pineapple Sauce Sweet Potato Roasted Brussel Sprouts Fresh Fruit Rye Bread Ham and Cheese w/ mustard on Rye
11 <u>CLOSED</u> Columbus Day 	12 Lentil Soup Roasted Chicken w/ Gravy Mashed Potato Mixed Vegetable Fig Bar Oatmeal Bread Chicken Loaf on Oatmeal	13 Chicken Soup w/ Anci Di Pepe Veal Parmesan w/ Sauce Basil Pesto Pasta Italian Blend Vegetable Fresh Fruit Dinner Roll Veal Parmesan on Bulky Roll	14 Beef Barley Soup Turkey Burger w/ Gravy Wild Rice Roasted Asparagus Brownie Multi Grain Bread Turkey Burger on Multi Grain Bread	15 Tomato and Rice Soup Roasted Beef w/ Gravy Garlic Mashed Potato Prince Edward Blend Vegetable Fruit Cup Marble Bread Roast Beef on Marble
18 Beef Vegetable Soup Chicken Cacciatore Seasoned Tortellini Winter Blend Vegetable Pudding Wheat Dinner Roll Marinated Grilled Chicken Wheat Roll	19 Venus De Milo Soup Pub Burger w/Mushroom Gravy Rice Pilaf Mixed Vegetable Fresh Fruit Snowflake roll Burger on Roll w/ mustard	20 Red Chowder Garlic Shrimp Seasoned Shells Italian Blend Vegetables Sponge Cake Multi Grain Bread Seafood Salad on Multi Grain	21 Escarole and Bean Soup Roast Turkey w/ Gravy Stuffing Sliced Carrots Fruit Cup Marble Bread Turkey and Cheese w/Mayo Marble	22 Chicken Soup Pot Roast w/ Gravy Whipped Potato Broccoli Cuts Fresh Fruit Wheat Bread Pot Roast on Wheat w/ Mayo
25 Minestrone Soup Low Sodium Hot Dog Baked Beans Cole Slaw Fruited Yogurt Rye Bread Low Sodium Hot Dog on Roll w/ mustard	26 Tomato Vegetable Soup Roasted Grilled Chicken O'Brien Potato Seasoned Spinach Granola Bar 9 Grain Bread Grilled Chicken on 9 Grain w/ mayo	27 Egg Drop Soup Pork Loin w/ Gravy Scalloped Potato Mixed Vegetable Fresh Fruit Wheat Bread Sliced Pork on Wheat	28 Split Pea Soup Corned Beef Boiled Potato Carrot and Cabbage Blend Pudding Pumpernickle Bread Corned Beef on Pumpernickle w/ Mustard	29 White Chowder Baked Fish w/ Bread Crumb Topping Red Bliss Mashed Potato Sliced Zucchini Cookie Oatmeal Bread Fish Sandwich on Oatmeal